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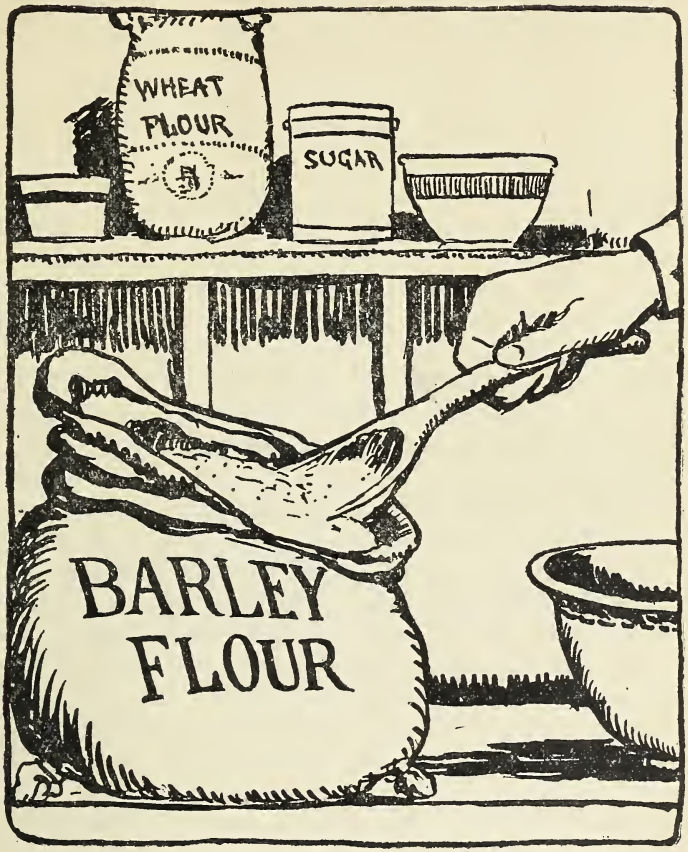
USE BARLEY—SAVE WHEAT



UNITED STATES DEPARTMENT OF AGRICULTURE

OFFICE OF THE SECRETARY—Circular No. 111

Contribution from
THE STATES RELATIONS SERVICE
A. C. TRUE, Director

WASHINGTON APRIL 18 1918

BARLEY is grown in large quantities in the United States and it is now being ground into flour, though until lately it was more generally used for other purposes. It is a palatable, wholesome grain which has long been used in infant feeding and, to some extent, for general cookery, and which can now be used in quantity to save wheat. You will find barley flour one of the best of the wheat substitutes. Delicious breads and cakes can be made by using it to replace all or part of the wheat flour.

The use of barley flour for such purposes, though new to most of us, is not new to some people. Not many years ago barley was used more extensively than wheat for bread making in many of the European countries. Let us revive the art of barley cookery and, by so doing, "stretch" our supply of wheat flour so that it may go farther to meet the needs of our Allies. We can easily do this and at the same time serve our families with delicious bread, muffins, biscuit, and pastry.

USE BARLEY—SAVE WHEAT.

HUNDREDS OF MILLIONS of bushels of barley are raised yearly in the United States. This supply, heretofore, has been used chiefly for stock feed or for malting, but under present conditions the greater part of the crop is being milled into flour, which, since it is both palatable and nutritious, may well be used to meet the increasing demand for wheat substitutes. This flour is now on the market, and it is our patriotic duty to use it to save the wheat flour.

Give barley flour a trial—you will wonder why we did not use it more before the war.

Barley flour does not keep so well as wheat flour, so it is best to buy it in small quantities, even for home consumption.

The recipes which follow have been tested in the experimental kitchen of the Office of Home Economics.

NOTE.—All measures are level.

HOT BREADS.

Barley flour is very satisfactory for hot breads.

BARLEY QUICK BISCUITS.

2 cups barley flour.
½ teaspoon salt.
2 tablespoons fat.
4 teaspoons baking powder.
⅔ cup milk.

BARLEY DROP BISCUITS.

2 cups barley flour.
1½ teaspoons salt.
4 tablespoons fat.
6 teaspoons baking powder.
1 cup milk.

Baked in a sheet this makes a good shortcake buttered and served with fresh crushed berries or other fruit.

BARLEY WAFFLES.

2 cups barley flour.
1 teaspoon salt.
3 teaspoons baking powder.
1½ cups milk.
2 eggs.
3 tablespoons melted fat.

Sift the dry ingredients together and add slowly the milk, beaten egg yolk, and melted fat. Fold in stiffly beaten whites. Beat thoroughly and cook in hot, well-greased waffle irons.

BARLEY MUFFINS.

2¾ cups barley flour.
1 cup milk.
2 tablespoons corn sirup.
4 teaspoons baking powder.
1 tablespoon fat.
1 egg.
¼ teaspoon salt.

BARLEY SPOON BREAD.

1 cup barley flour.
1 cup hot boiled hominy grits.
3 tablespoons fat.
1 teaspoon salt.
2 cups milk.
2 eggs.
2 teaspoons baking powder.

BARLEY YEAST BREAD.

If you use your own bread recipe and replace one-fourth of the wheat flour with barley flour, you will be able to make a very good bread. With the present need

of saving flour, it will be desirable for the housekeeper to make less yeast bread than usual, as one can not use so large a percentage of wheat substitute in making yeast breads as in quick breads.

BARLEY PASTRY.

Very good pie crust can be made with all-barley flour or by using one-half barley and one-half wheat flour. The first recipe is especially good for a one-crust pie.

PIE CRUST I.

1 cup barley flour.
2⅔ tablespoons fat.
⅛ teaspoon salt.
Cold water.

PIE CRUST II.

½ cup barley flour.
⅛ teaspoon salt.
2⅔ tablespoons fat.
½ cup white flour.
¼ teaspoon baking powder.
Cold water.

Two crusts.

CAKES AND COOKIES.

It is not necessary to go without cake when such delicious products can be made that use no wheat flour and little sugar. In these recipes the housekeeper, if she prefers, can use cream of tartar with baking soda in the usual proportions in place of baking powder.

CHOCOLATE CAKE.

2 cups barley flour.
¼ cup fat.
¼ teaspoon salt.
2 squares chocolate.
½ cup milk.
4 teaspoons baking powder.
3 tablespoons brown sugar.
1 cup corn sirup.
2 eggs, whites and yolks, beaten separately.
1 teaspoon vanilla.

SPONGE CAKE.

1½ cups barley flour.
4 eggs.
1 tablespoon lemon juice.
1½ cups corn sirup.
¼ teaspoon salt.
2 teaspoons baking powder.

FRUIT CAKE.

2¼ cups barley flour.
¼ cup fat.
3 tablespoons molasses.
½ cup chopped raisins.
¼ teaspoon cinnamon.
½ cup chopped nuts.
½ cup corn sirup.
¼ teaspoon soda.
1 teaspoon baking powder.
¼ teaspoon allspice.
¼ teaspoon cloves.
⅛ cup citron.

Bake 1 hour and 10 minutes. Keep moist and very good.

GINGERBREAD.

1½ cups barley flour.
½ cup molasses.
½ cup milk.
2 teaspoons baking powder.
¼ teaspoon soda.
1 teaspoon ginger.
1 teaspoon cinnamon.
⅛ teaspoon salt.
2 tablespoons fat.

Bake about 30 minutes in moderate oven. Good texture and flavor.

HERMITS.

2 cups barley flour.
2 tablespoons fat.
1 egg.
½ teaspoon ginger.
¼ cup chopped raisins.
1 teaspoon baking powder.
½ cup corn sirup.
¼ teaspoon salt.
½ teaspoon cinnamon.
¼ cup nuts.
1 tablespoon milk.

Honey, maple sugar, or maple, beet, apple, or sorghum sirup, which can be made at home, can be used in the same way as corn sirup in the above recipes to save sugar.